

## Claims

1. A follicle-stimulating hormone reduction agent comprising, as active components, *Cucurbita moschata*, *Carthamus tinctorius*, *Plantago asiatica* and *Lonicera japonica*.
- 5 2. A follicle-stimulating hormone reduction agent according to Claim 1, which is a preventive or remedy for climacteric disturbance.
3. A follicle-stimulating hormone reduction agent according to Claim 1, which is a preventive or remedy for  
10 indefinite complaint.
4. A follicle-stimulating hormone reduction agent according to Claim 1, which is a preventive or remedy for ovarian hypofunction (juvenile climacteric disturbance).
5. A follicle-stimulating hormone reduction agent  
15 according to Claim 1, which is a preventive or remedy for testicular deficiency.
6. A follicle-stimulating hormone reduction agent according to Claim 1, which is a preventive or remedy for amenorrhea.
- 20 7. A follicle-stimulating hormone reduction agent according to Claim 1, which is a health food or functional food for prevention, amelioration or alleviation of climacteric disturbance.
8. A follicle-stimulating hormone reduction agent  
25 according to Claim 1, which is a health food or functional food for prevention, amelioration or alleviation of ovarian hypofunction (juvenile climacteric disturbance).
9. A follicle-stimulating hormone reduction agent according to Claim 1, which is a health food or functional  
30 food for prevention, amelioration or alleviation of

testicular deficiency.

10. A follicle-stimulating hormone reduction agent according to Claim 1, which is a health food or functional food for prevention, amelioration or alleviation of  
5 amenorrhea.